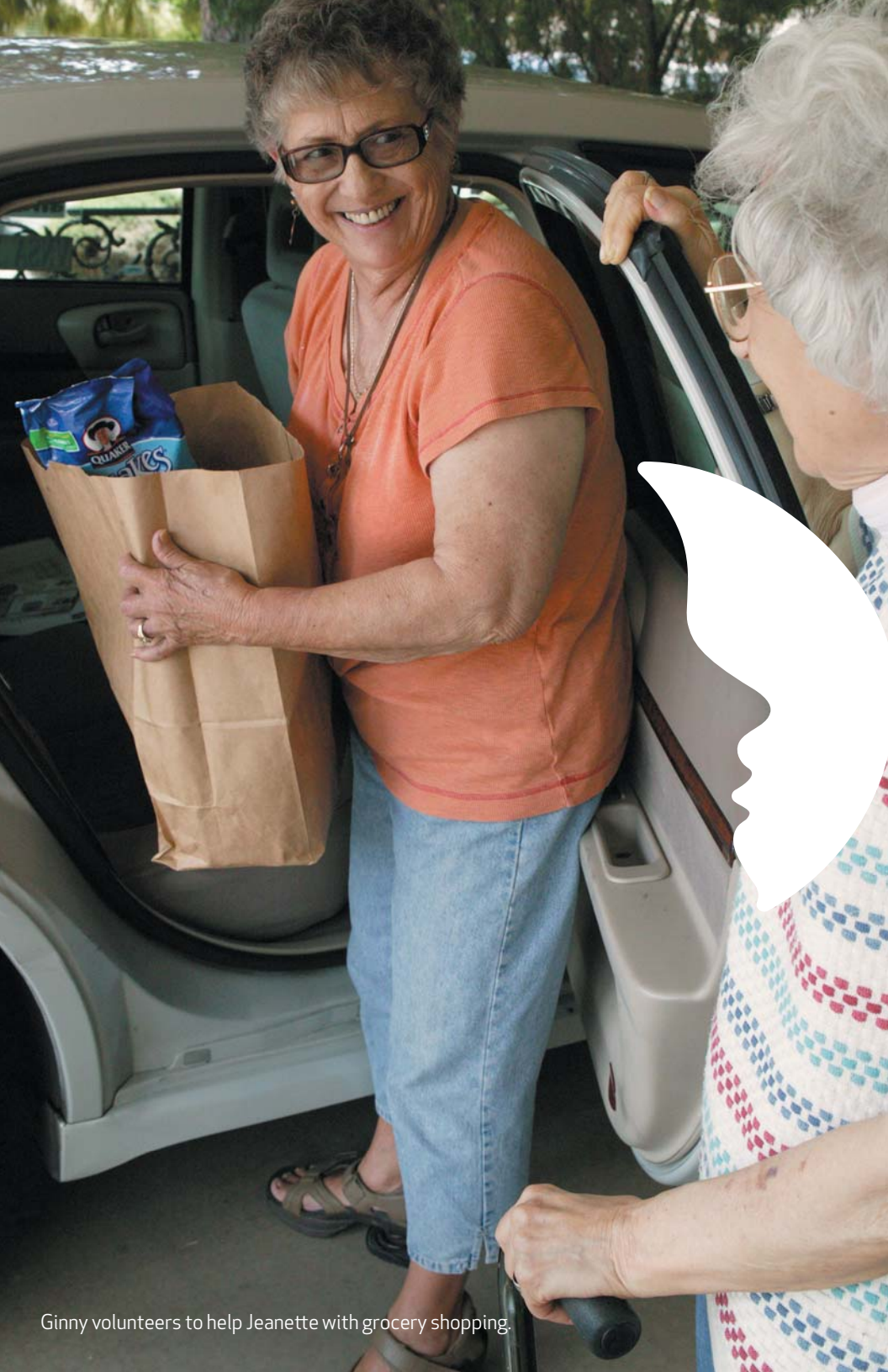




**Duet**  
Partners In Health & Aging

Overview Brochure





Ginny volunteers to help Jeanette with grocery shopping.



Kathy helps her husband Paul. She appreciates Duet's respite service.



## Duet: Partners In Health & Aging

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*Duet helps older adults and their families cope with challenges related to aging. We can't stop time, but we can make life better along the way.*

If you are unable to drive, disabled, isolated, or affected by disease, we will help provide the assistance you and your family need.



From getting groceries and rides to the doctor, to health promotion activities and support groups, you can trust us to provide compassionate, one-on-one support.

Since 1981, we've worked in tandem with the greater Phoenix community to provide crucial services. Our partners include volunteers, donors, faith communities and social service agencies, as well as business and other philanthropic groups.

As a non-profit, interfaith organization, Duet provides services FREE-OF-CHARGE. We're your partner in health and aging.

## Our Mission

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To promote health and well-being through a broad range of services to homebound adults, caregivers, faith communities, and grandparents raising grandchildren.

## Homebound Adults

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Duet offers volunteer support services to homebound elders and adults with disabilities - to help them live independently in their own homes.



### **SERVICES:**

- Grocery shopping
- Transportation to medical appointments
- Friendly visiting and phoning
- Paperwork assistance
- Handyman services
- Limited respite assistance
- Computer assistance
- Home safety assessments

**Available In:** Phoenix, Fountain Hills, Glendale, Litchfield Park, Paradise Valley, Peoria, and Scottsdale.

## Nurses In Faith Communities

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Duet is a resource for faith communities and nurses who want to create and sustain health programs that help the “whole person” — in mind, body, and spirit. We train nurses how to combine their professional skills with their faith — in order to promote health, healing, and disease prevention in a congregational setting.

### SERVICES:

- Faith community nurse training
- Consultation and presentations
- Peer support groups

## Caregivers

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If you are a caregiver – someone who provides unpaid care for a loved one – you may not realize the responsibility can take a physical, mental, and emotional toll.

You can take better care of your loved one if you take better care of yourself. **Duet helps you do just that.**

### SERVICES:

- Support groups
- Limited respite assistance
- Information and referral
- Workshops and retreats

## Grandparents Raising Grandchildren

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In Arizona, tens of thousands of children are raised by grandparents or other relatives. Many parents are unable to take care of their children due to substance abuse, mental illness, incarceration, child abuse or death. Duet helps keep children out of foster care by providing support to the relatives who are raising them.

### SERVICES:

- Support groups
- Respite assistance
- Recreational opportunities
- Benefit counseling
- Workshops
- Social therapeutic groups for children
- Legal guidance
- Information and referral





## Volunteering

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If you are interested in directly helping a homebound or disabled adult, an orientation is required. Then, we will pair you with a “neighbor” in your area.

Visit [www.duetaz.org](http://www.duetaz.org) to see who is waiting for help.

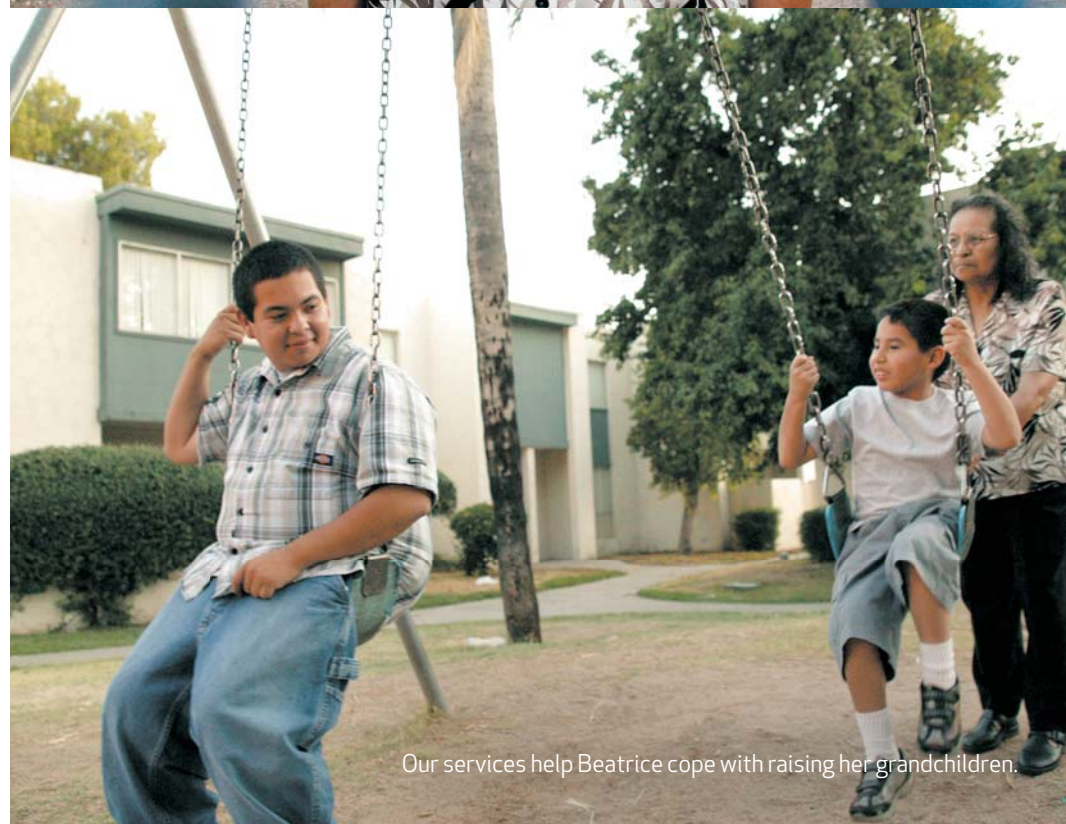
Or, share your professional expertise through volunteer leadership opportunities. Help with fundraisers, community relations and special events. We're committed to matching your skills with our needs.

## Financial Giving

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To help Duet maintain free-of-charge services, please donate now. You may give securely online by credit card or mail a check.

Also, naming Duet in your will or trust will help us serve people in need well into the future. Please call to learn more. Our funding includes individual, corporate, and faith community gifts, as well as foundation and government grants.



Our services help Beatrice cope with raising her grandchildren.





Geri and Sandy share caregiving experiences during a support group.



Amanda, a faith community nurse, comforts Don, a member of her congregation.

**Duet**

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COURTESY OF THE EMERALD FOUNDATION